

Briefs . . .

BAMC provider shortage

Brooke Army Medical Center is experiencing a temporary shortage in primary care providers due to the deployment of providers in support of the Global War on Terrorism and permanent change of station moves. BAMC is working to increase the availability of appointments at the hospital. Patients should continue to call the San Antonio Consult and Appointment Management Office at 210-916-9900 for an appointment. In the event that BAMC is unable to see a patient with an urgent care need within 24 hours, the appointment office will make arrangements for the patient to be seen on a one-time basis by a network provider. Patients who seek urgent care without going through the appointment office will be liable for costs incurred. The BAMC Emergency Room is available for emergencies.

OCSC coffee

The Officer and Civilian Spouses’ Club will host a Welcome and Sign-up Coffee Tuesday from 10 a.m. to 1 p.m. at the Army Medical Department Museum, Building 1046, on the corner of Harry Wurzbach and Stanley roads. For more information, call Darlene Weber at 277-6624.

Camp Bullis conference

Camp Bullis will sponsor a Users Conference Aug. 24; registration starts at 7:30 a.m. at the Camp Bullis Theater, Building 5900. The conference will be held from 8 a.m. to 4:30 p.m. with presentations in the morning and classes and a bus tour in the afternoon. Presentations include range control, safety, scheduling and operations. Outdoor Recreation will host a lunch from 11:30 a.m. to 1 p.m.; the cost is \$3.50. For more information and reservations, call Ronald Lane at 295-7592 or Pat Jennings at 295-7686.

Women’s Equality Day ceremony

A Women’s Equality Day ceremony will be held Aug. 24 from 10 to 11 a.m. at the Roadrunner Community Center. The guest speaker will be Col. Doris Johnson, chief of clinical operations at Brooke Army Medical Center. For more information, call Sgt. 1st Class Evans at 295-0561 or 336-4993.

Mandatory SAEDA, OPSEC training

Subversion and espionage directed against the U.S. Army and operations security training is mandatory for all Department of Defense personnel to include contract employees. SAEDA and OPSEC training for U.S. Army Garrison organizations and tenant unit personnel will be held Aug. 24 from 10 to 11:30 a.m. in Evans Theater. Personnel should arrive no later than 9:30 a.m. to sign in. People who have not attended SAEDA training since October 2005 must attend prior to Sept. 30. A sign interpreter will be present. For more information, call the U.S. Army Garrison Security Office at 221-1906, 221-1859, 221-9500 or 221-9611.

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Photo by Michael Dulevitz

Determination

Kara Roth, a military spouse and amputee, finishes the Silver Stars 5K walk and run in one hour, 39 minutes and 56 seconds. Roth is followed by the entire Brooke Army Medical Center contingent of wounded warriors, Amputee Care Center staff and family members who would not leave the event until everyone in their group crossed the finish line. Roth completed the 5K walk on her crutches. See related story on Page 8.

BAMC garners Superior Unit award

By **Nelia Schrum**
Brooke Army Medical Center Public Affairs

Brooke Army Medical Center added a streamer to the hospital flag Friday designating the hospital as an Army Superior Unit.

In awarding the streamer, the Army cited the deployment of nearly 500 personnel to 53 forward deploying units, the readiness processing of more than 15,000 mobilizing Soldiers and the

health care provided to 1,500 wounded warriors evacuated from Iraq and Afghanistan.

“There is nothing that could make me prouder than the opportunity to place BAMC’s second Army Superior Unit Award streamer on the flag,” said Brig. Gen. James Gilman, the hospital commander, adding that he was equally proud of what BAMC staff did each day.

The streamer, awarded during wartime to those units not geographically located

in the combat area, was presented to BAMC for meritorious service from Dec. 1, 2002, to Jan. 30, 2005. All military personnel assigned to BAMC during the award period may wear the award for as long as they remain in the Army. Civilians at BAMC are authorized to wear a lapel pin signifying BAMC’s selection as a superior unit.

Military personnel not assigned to

See **SUPERIOR UNIT** on Page 4

Wounded warriors gain independence in renovated barracks rooms

By **Elaine Wilson**
Fort Sam Houston Public Information Office

Wounded warriors at Brooke Army Medical Center now have a place to call home during their recovery thanks to a generous influx of money from Global War on Terrorism funds.

With more than \$600,000 in hand, post leaders turned 24 standard barracks rooms built for two into 12 spacious living spaces for one, outfitted to comfortably accommodate recovering service members with varying degrees of impairments.

With the 12-room addition, completed last month, the barracks near BAMC now have 24 wheelchair-accessible rooms, 15 of which are already occupied.

“With just the original 12 rooms, we were running out of space due to an increased numbers of patients from the Global War on Terrorism,” said Lt. Col. Barbara Holcomb, commander, Special Troops Battalion. “We needed additional rooms for service members who are in rehabilitation, but no longer need to be hospital in-patients.”

The renovated barracks rooms bear little resemblance to their pre-alteration state. Contractors tore walls down, lowered light switches and sinks, ripped out tubs and installed shower seats, even removing the front door springs so the door wouldn’t swing shut on an occupant.

“We started at the threshold and worked our way through the

room, breaking down barriers,” said Bill Blount, chief, Engineering Services Division. “If the walk-space was narrow, we took down the wall; if there was a cabinet restricting movement, we removed it.”

Even the threshold was altered to remove the one-inch “barrier” at the doorway so a wheelchair could easily pass through or a Soldier learning how to use a prosthetic wouldn’t trip over it.

“We took that same consideration all the way through the rooms,” Blount said.

The modifications were based on input from engineers, architects, physical therapists, orthopedists, occupational therapists and psychologists. “We wanted to ensure their mental and physical well-being was being considered during the planning process,” Blount said.

Capt. Christopher Ebner, staff occupational therapist and officer in charge of amputee occupational therapy services, evaluated the rooms pre- and post-renovation to ensure recovering Soldiers had a safe and accessible environment.

“As an occupational therapist, I conduct home evaluations to see how patients are functioning in their daily life,” he said. “I ensure they are capable of both maneuvering around and achieving everything as independently as possible, and that’s what I kept in mind when walking through the rooms.”

See **WOUNDED WARRIORS** on Page 4

Commander lauds Army Civilian Corps

Secretary of the Army Francis J. Harvey and Chief of Staff of the Army Gen. Peter J. Schoomaker recently recognized the superb service and commitment of the Army’s civilian work force with the establishment of the Army Civilian Corps.

Army civilians have a 230-year record of service as integral members of the Army team, and today work side by side with Soldiers at home and deployed around the world. More than ever, our Army civilians thread their technical, administrative, professional, supervisory and executive expertise into our Army and Army Medical Department core businesses.

Congratulations to the members of our Fort Sam Houston Army Civilian Corps. Your services are indispensable in America’s fight against terrorism and tyranny, shaping our future medical force, training our Soldiers and warrior medics for deployment, sustaining them on the far away battlefields of Iraq and Afghanistan, caring for our wounded and comforting their families.

You are invaluable assets to the AMEDD Center and School and Fort Sam Houston, and personify our Army Values and the Warrior Ethos. Your skills are critical to accomplishing military operations and missions with your officer, NCO and enlisted

military counterparts, creating an integration of diverse talents that is the foundation of a formidable Total Army team.

I am proud of your extraordinary accomplishments, your unbounded potential and your service to our nation.

Russell J. Czerw
Major General, Dental Corps
Commanding



Maj. Gen. Russell J. Czerw

Fort Sam Houston News Leader

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Medical Rangers help care for thousands of patients

Story and photos by Sgt. 1st Class
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RIO GRANDE VALLEY, Texas — Medical professionals from the Texas Army National Guard, the Texas State Guard and numerous local and state agencies offered thousands of low-income Rio Grande Valley residents an opportunity to see a doctor, dentist or nurse during the annual summertime humanitarian mission known as Operation Lone Star.

For those who lack access to affordable health care, OLS provides basic dental care, medical exams, blood pressure and diabetes screenings, and also timely immunizations for children preparing for school. Temporary on-site pharmacies offer limited prescription medications at no charge that patients could not otherwise afford.

This year, medical professionals from the Texas State Guard provided many of the volunteers needed to keep up with the flow of thousands of patients divided among several makeshift clinics, most of which were set up at local elementary schools.

The Medical Reserve Corps, an organization within the Texas State Guard, comprises medical professionals who volunteer their valuable skills to support public health agencies in times of state-wide emergencies. Known informally as Texas Medical Rangers, they train for a variety of public health emergencies ranging from

natural disasters to the effects of chemical or radiological attacks.

During the OLS mission, Medical Rangers worked side-by-side with other nurses, doctors, therapists, public health officials and even students from several medical specialty training colleges. They helped patients with their in-processing paperwork, recorded their medical histories, took their blood pressure readings and temperatures, performed blood sugar screenings, filled prescriptions, administered immunizations and provided medical exams.

"It's nice having all of the military people here helping us," said Rosie Bryan, a public health specialist from the Hidalgo County Health Department. "They help us process hundreds of patients at this site in one day."

The humanitarian mission gains momentum every year as more Rio Grande Valley residents use the clinics and more volunteers offer their medical expertise. This year, during a nine-day treatment period, more than 7,000 patients sought and obtained assistance. Nearly 4,000 immunizations were administered while about 4,500 diabetes screenings were performed. About 2,000 patients received free prescription medications.

"Our success is due to teamwork," said Texas Medical Ranger 2nd Lt. Sharon Bayer, a licensed vocational nurse from Boerne, near San Antonio. "We get a lot of support from the various county and city organizations, like the school districts that let us use their buildings."

Medical Ranger Maj. Deborah Brooks, a chief nurse with the Tyler-based unit, said the integration among the Texas Army National Guard, the Texas State Guard and the medical personnel from the civilian health agencies was going well.

"I can tell there's mutual respect among everyone I've encountered," Brooks said. "I haven't seen any 'turf wars;'

we're all one big family."

Brig. Gen. Marshal H. Scantlin, commanding general of the Texas State Guard MRC, expressed his satisfaction during a visit to the make-shift clinic at Chapa Elementary School in La Joya.

"The teamwork between the units of the joint medical task force is obvious," he said.

Sgt. Olivia Anderson, an emergency room paramedic at the Medical Center of Lewisville, meticulously poked and squeezed patients' fingers for the tiny bead of blood she needed for their glucose readings. Anderson, who is used to more drama and blood than she encountered at her screening station, said that even performing a simple task is worthwhile.

"I joined the Rangers so that I could



Texas Army National Guard Col. (Dr.) Joe W. Snavelly puts his dentist skills to use for civilians instead of Soldiers during Operation Lone Star. Snavelly, a medical officer with the Texas Medical Command, is participating in his seventh OLS mission. During the nine-day treatment period covering multiple clinics, nearly 800 dental procedures were performed on about 300 dental patients.



Texas State Guard Medical Reserve Corps member 2nd Lt. Emily Parker performs blood glucose screenings for patients during Operation Lone Star. The annual OLS mission is supported by medical professionals from the military and many local and state agencies that provide free basic medical and dental care.



Texas Medical Ranger Maj. Kay Caufield, a registered nurse for 30 years, performs medical exams during the annual Operation Lone Star medical humanitarian mission in the Rio Grande Valley. During the nine-day treatment period, more than 7,000 patients were offered assistance.

have part-time ties with the military and still have my civilian life to complete all of my medical training," Anderson said. "I love this; it's rewarding. I'm able to give of myself, to use my medical skills to help others."



Photo by Kelly Schaefer

BAMC Soldiers deploy

Brooke Army Medical Center personnel, who have been assigned to the 28th Combat Support Hospital, Fort Bragg, N.C., departed early Monday in preparation for a yearlong deployment in support of Operation Iraqi Freedom. Brig. Gen. James Gilman, the commander of Brooke Army Medical Center, and the hospital community said goodbye to the group at a ceremony Friday afternoon.

Briefs cont. . . .

Frame, trophy shop relocates

The Around the Corner Frame and Trophy shop will close Friday to relocate to a new store location next to the UPS store, near the Post Exchange. The shop will re-open Aug. 28.

Mentor program open house

The Fort Sam Houston Community Mentor Program invites the post community to become mentors for the upcoming academic year. An open house will be held Aug. 30 from 11:30 a.m. to 1 p.m. in the Cole High School gymnasium. Lunch will be provided. Counselors and representatives from the 11 partner schools will be on hand to answer questions. For more information, call Winfield Lopez or Brian Merry at 221-5005 or e-mail winfield.lopez@samhouston.army.mil.

Track closure

The 32nd Medical Brigade will close the BG Johnson Track Aug. 31

from 4 to 8 a.m. for the 32nd Medical Brigade Labor Day Run.

ESL classes

English as a Second Language classes start Sept. 5 and will be held Tuesdays and Thursdays from 6 to 8:30 p.m. at the Roadrunner Community Center, Building 2797. ESL classes are designed for foreign-born spouses to increase reading comprehension, vocabulary and pronunciation. For more information or to register, call 221-2418.

GED classes

Family Employment Readiness will offer General Equivalency Diploma classes starting Sept. 6. Classes will be held Mondays and Wednesdays from 6 to 8 p.m. at the Roadrunner Community Center, Building 2797. Most colleges and employers accept a GED certificate as being equivalent to a high school diploma. For more information or to register, call 221-2705.

Ceremony marks leadership change for Troop Command

By **Nelia Schrum**
Brooke Army Medical Center Public Affairs

Brooke Army Medical Center welcomed a new commander to Troop Command and said farewell to the outgoing commander during a change of command ceremony Friday at MacArthur Parade Field.



Photo by Brendine Hodges
Brig. Gen. James Gilman passes the colors to incoming Troop Commander Col. David Baker, charging him with the responsibility for the morale, welfare and discipline of the Brooke Army Medical Center troops.

Outgoing Troop Commander Lt. Col. Ricardo Glenn turned over the reigns of command to incoming commander, Col. David Baker, who reports to BAMC from Recruiting Command where he served as the director of health services.

Hospital Commander Brig. Gen. James Gilman said that Glenn’s hallmark was his ability to develop superb company command teams where young officers understand the difference between commander, first sergeant and company commander business.

“These teams are synergistic where the combination of first sergeant and company commander produces results that are greater than the sum of their individual contributions and expectations,” Gilman said, adding that Glenn lets his leadership team do their jobs.

Gilman said that Glenn knew his Soldiers and their leaders very well. “When I need sound advice on Soldier issues, Rick has never let me down.”

In his departure remarks, Glenn said he was thankful and fortunate for the opportunity to work with outstanding Soldiers and civilians at BAMC.

“You received the Army Superior Unit Award because of your exceptional effort to take care of patients as a team,”



Photo by Kelly Schaefer
Outgoing Troop Commander Lt. Col. Ricardo Glenn and Brooke Army Medical Center Commander Brig. Gen. James Gilman inspect the troops Friday during the change of command ceremony.

Glenn said. He urged the BAMC team to always remember those Soldiers who paid the ultimate sacrifice to preserve freedom by continuing to provide world-class medical care to wounded warriors.

Glenn moves to a new position as an inspector general for the U.S. Army Medical Command.

Baker, the incoming commander, reports to BAMC after completing five years in recruiting.

He pledged to do his best to improve the high standards set by Glenn.

“You have lead from the front and your positive leadership has made this command a success,” Baker said.

New airline security measures apply to AMC travelers

Airline travelers are facing new security measures at the nation’s airports that promise to disrupt flights and cause a domino affect around the world.

The Department of Homeland Security increased airport and air travel security measures in response to a foiled plot by extremist to blow up aircraft bound from the United Kingdom to the United States. There are about 106 daily flights per day between the countries.

The same measures apply to people traveling on any Air Mobility Command-chartered aircraft, a command

spokesperson at Scott Air Force Base, Ill., said. “Air Mobility Command follows Transportation Security Agency guidelines,” the spokesman said. The command is also working to release more details on any new guidelines that may affect travelers on AMC charters and military aircraft, he said. Homeland Security officials raised the threat level to red for all flights from the United Kingdom to U.S. airports. It also raised the threat level to orange for all other commercial flights bound for American airports.



See **AIRLINE SECURITY** on Page 5

Superior unit

Continued from Page 1

BAMC during the award period may wear the award while assigned to the hospital, but their personnel records will not reflect that they helped earn the award.

Gilman said that personnel who arrived after the award period can still be very proud of the award.

“There is no question that we are assigned to an elite unit – not just with respect to the Army or even the Department of Defense,” Gilman said. “We have a world-class organization.”



Photo by Kelly Schaefer
Brooke Army Medical Center Troop Commander Lt. Col. Ricardo Glenn and Command Sgt. Maj. Craig Layton assist Brig. Gen. James Gilman Friday with adding the Superior Unit Award streamer to the BAMC flag.

Wounded warriors

Continued from Page 1

Ebner, along with a team of OTs, put forth their recommendations with independent living at the forefront. “We sought input from patients so we could understand what they saw as limitations,” he said. “But, we also wanted to simulate, to an extent, a real-world environment.”

As a result, the rooms, while barrier-free, still allow for continued progress so service members can later adapt to a world that is not designed for the mobility impaired.

“We made a room that would enable service members to adapt and gain proficiency in their new way of accomplishing daily activities,” Blount said. “We set up an environment so a Soldier can succeed.”

As they adapt to outpatient living, health care providers monitor the wounded warriors’ progress and they aren’t moved before able.

“It’s a process,” Ebner said. “We evaluate patients as they progress through their rehabilitation and move them, when they’re fully able, to a standard room.”

The response to the rooms has been positive, said Rob Robinson, who, as barracks manager, gets a firsthand look at the Soldiers’ progress.

“I haven’t received any complaints,” Robinson said. “The modified rooms are a great place for Soldiers to recover.”

Sgt. Ernesto Godoy, an amputee adjusting to a prosthetic, has lived in a modified room since October. “I like it; it’s comfortable and wide enough to maneuver around in, even with a



Photo by Elaine Wilson
Sgt. Ernesto Godoy, an amputee adjusting to a prosthetic, lowers a shower seat in a “mobility impaired accessible” room at the barracks near Brooke Army Medical Center.

wheelchair. Everything is set up to make life easy for us.”

With positive reviews in hand, the post received the funds to refit another 12 rooms, which will bring the total of modified rooms up to 36. Blount said the project will soon be under way, but he hopes, despite the amount of work required, that the rooms stay patient-free.

“It would be ideal if they were all empty,” he said.

300th Army Reserve Band supports local community



Photo by Esther Garcia

(Left) The 300th Army Band, U.S. Army Reserve, from Los Angeles, performs a patriotic concert Aug. 8 for the residents of the Towers. The band members, under the command of Chief Warrant Officer Steven Groneberg, are at Fort Sam Houston for their two week reserve training. The 300th Army Band performs regularly in the Los Angeles area in support of military and community events. The band also performs musical missions around the country for their annual training, and has been deployed twice to Central America in support of the military exercises called “New Horizons.”



Photo by Staff Sgt. Manuel Martinez

(Above) The 300th Army Rock Band, with Chief Warrant Officer Steve Groneberg on guitar, entertains the crowd Aug. 3 at the Rivercenter Mall. The band performed hits such as “Play that Funky Music,” “Mustang Sally” and “Vertigo.” The band represents the 63rd Regional Readiness Command under the command of Maj. Gen. Paul Mock. The drum major is Sgt. 1st Class Jeff Smith.

Airline security

Continued from Page 4

British police arrested 21 suspects in connection with the plot, which might have targeted up to 10 aircraft. The nation’s security threat level is now at its highest — critical.

As part of the new measures, passengers will not be able carry certain items on aircraft. Banned from carry-on luggage are any kinds of liquids or gels, like beverages, hand and suntan lotions, toothpaste, hair gels, creams or similar items.

Passengers can carry medications, but must have a prescription with a name that matches the name on the airline ticket. They also can carry insulin and other essential non-prescription medicines. Parents can bring baby formula, breast milk or juice on board.

For more information about what is or is not allowed as part of carry on luggage visit the Transportation Security Administration at <http://www.tsa.gov/travelers/airtravel/prohibited/new-items.shtm>.

(Source: Air Force Link)



Photo by Esther Garcia

(Left) Spc. Keynon McBurney, drummer for the 300th Army Reserve “Rock” Band, performs for Soldiers at the entrance of the Louis Rocco Dining Facility Aug. 9. The band entertained the Soldiers as they entered the dining facility for their evening meal. The 300th Army Reserve Band also performed a summer concert in front of the Alamo on the evening of Aug. 10 and supported the Brooke Army Medical Center Troop Command change of command ceremony Aug. 11.

Tree removal begins in residential areas

During recent months, Lincoln Military Housing officials and several arborists have surveyed the trees within Fort Sam Houston family housing areas. They have determined that several existing trees have lived past their typical life expectancy. As a result of the survey and for safety reasons, numerous trees will be removed. The trees are marked with orange paint.

The tree removal process began Tuesday and will continue for about 10 weeks. Gratr Landscape has been contracted by LMH to complete this project. Gratr will work Monday through Friday from 8 a.m. to 5 p.m. Work areas will be off limits to everyone except Gratr personnel during the removal process. To prevent damage, residents may need to relocate personal items.

Scheduled dates may change due to weather or emergency responses resulting from storm damage.

Artillery Post

#117 today

Gorgus

#1005 Friday
#1008 Monday
#1007 Tuesday

Dickman

#406 Aug. 24 and 25
#417 Aug. 28

#418 Aug. 29
#500 Aug. 30
#515 Aug. 31

Graham

#425 Sept. 1
#444 Sept. 5
#457 Sept. 6
#462 Sept. 7
#435 Sept. 8
#490 Sept. 11
#439 Sept. 12
#547 Sept. 13
#550 Sept. 14
#554 Sept. 15, 18 and 19
#568 Sept. 20

Patch

#537 Sept. 21
#716 Sept. 22
#725 Sept. 25
#728 Sept. 26 and 27
#729 Sept. 28
#732 Sept. 29
#819 Oct. 2
#822 Oct. 3
#828 Oct. 4
#833 Oct. 5

Wheaton

#483 Aug. 25 and 26
#488 Aug. 28
#490 Aug. 29
#518 Aug. 29

#526 Aug. 30
#530 Aug. 31
#534 Sept. 1
#536 Sept. 5
#538 Sept. 5
#541 Sept. 6
#564 Sept. 6
#566 Sept. 7

Chaffee

#875 Sept. 8
#839 Sept. 8
#855 Sept. 9
#857 Sept. 9
#858 Sept. 10
#864 Sept. 11
#774 Sept. 11
#779 Sept. 14
#782 Sept. 14
#769 Sept. 15
#760 Sept. 15
#762 Sept. 15
#722 Sept. 15

Infantry Post

#679 today

Staff Post

#15 Friday
#14 Friday
#12/13 Monday
#11 Monday
#10 Friday
#9 Tuesday

#8 Tuesday
#3 Tuesday and Wednesday
#2 Wednesday and Aug. 24

Palms: Sept. 21 to Oct. 6

Stump removal will occur as follows:
Artillery Post - Monday through Aug. 25
Infantry Post - Monday through Aug. 25
Gorgus Circle - Monday through Aug. 25
Staff Post - Sept. 12 through 15
Dickman - Sept. 12 through 15
Wheaton - Sept. 12 through 15
Chaffee - Oct. 4 through 6
Graham - Oct. 4 through 6
Patch - Oct. 4 through 6

For more information, call LMH at 270-7638.
(Source: Residential Communities Initiative)



Breakfast-on-the-Go

Lincoln Military Housing will host a Breakfast-on-the-Go Sept. 13 from 7 to 8 a.m. A favorite “Kid’s Recipe” contest will be held; the deadline for submitting recipes is Sept. 20. The winner will be announced Sept. 21 and winner will receive movie passes for the family.

For photos and upcoming activities, residents can log onto LMH’s interactive Web site at www.samhoustonlpc.com. For more information, call LMH at 270-7638.

August Survey of the Month

Kenneth Chapman

August Yards of the Month

5400 A Johnston Circle 410 Dickman
2816 Marvin R. Wood 1013 Gorgas Circle



Housing office can eliminate utility deposit fees

By David E. Vance
Residential Communities Initiative

Whether renting or buying a home, connecting utilities is a necessity. Most utility providers ask for a deposit before utilities are turned on.

In San Antonio, the average deposits for water range from \$55 to \$110 and electricity deposits from \$40 to \$300.

A strong prior payment record and a positive credit history can be golden tickets when relocating or re-establishing utility services. The most important piece of paper a service member can obtain before leaving a previous installation is a letter of payment history from a prior utility company. Many utility companies accept these letters as indications of a good payment history. People who forgot a letter before leaving their last duty station should contact the utility company immediately and ask them to provide one.

If a payment history letter cannot be obtained or the utility company doesn't accept the letter, the Fort Sam Houston Housing Services Office provides an alternative — the Utility Deposit

Waiver program. The HSO, in conjunction with City Public Service and San Antonio Water System, offer the UDW program to assist newly arriving families. In essence, the UDW program reduces the initial costs and financial burden of establishing a residence off post by eliminating the deposit fees for electricity and water. To qualify for the program, service members must have official government orders assigning them to Fort Sam Houston.

The basic intent of the UDW program is two-fold: the program saves service members the out-of-pocket costs of utility deposits and attempts to reduce or eliminate utility payment delinquencies through command interaction.

Service members can initiate the UDW program by visiting the HSO, located in Building 367 on Stanley Road. HSO personnel can answer questions, provide assistance and process UDW applications. The HSO is the only office on Fort Sam Houston where UDW applications can be accepted and processed and there is no fee or penalty for using this service. For more information, call HSO at 295-8569 or 295-8519.

Water-saving tips

- Wash clothes only when a load is full and save up to 600 gallons of water each month.
- Leave lower branches on trees and shrubs and allow leaf litter to accumulate on top of the soil. This keeps the soil cooler and reduces evaporation.
- Pick-up the phone and report significant water losses from broken pipes, open hydrants and errant sprinklers to the property owner or water management district.
- Start a compost pile. Using compost when planting adds water-holding organic matter to the soil.
- Listen for dripping faucets and toilets that flush themselves. Fixing a leak can save 500 gallons of water each month.

(Source: Fort Sam Houston Environmental Office)



Back-to-school



Photos by Andrea Segovia

The children sign a banner that was later hung in the housing office in Building 367. This activity was one of many available during the Lincoln Military Housing "Back to School Party" Aug. 8 at Salado Creek Park. Children from all the villages were welcome to attend.



J.D. the clown performs magic tricks and creates funny animals shaped from balloons. His magic show and balloon art were enjoyed greatly by the children.

A little boy shakes McGruff the Crime Dog's "paw" with one hand while holding tightly to a cup of punch. The Back to School party included refreshments and goodie bags filled with school supplies.



SPORTS BRIEFS . . .

Fort Sam Houston boxing team practice

The Fort Sam Houston boxing team practices Mondays through Fridays from 6:30 to 9 p.m. at the Jimmy Brought Fitness Center in preparation for the “Boxing at the Brought III” event to be held Oct. 28. Coach Kevin Majors is looking for all levels of boxers to represent the post, not only for October’s Boxing at the Brought, but also for local area competitions. The previous two boxing events held at the fitness center drew large crowds and boxing club participants from throughout Texas. Boxers interested in joining the post boxing team can show up at practice or call Majors at 393-5854 or John Rodriguez at 221-1532.

Youth soccer registration

The Alamo Heights Fort Sam Houston fall soccer season registration will be held Saturday from 10 a.m. to 3 p.m. and Wednesday from 6 to 8 p.m. at the Youth Center. Parents can also register their children online at www.ahfsh.org. To register, parents need to submit a copy of a state-issued birth certificate to the league within 14 days of the registration date: mail to AHFSH, P.O. Box 6776, San Antonio, TX. 78209; e-mail phdneuro@msn.com; or fax to 930-2390. For more information, visit www.ahfsh.org.

Post soccer team tryouts

Tryouts for coach and player positions on the post soccer team will be held today and Friday at 6:30 p.m. at Leadership Field. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Men’s basketball team tryouts

Tryouts for coach and player positions on the post men’s basketball team will be held Sept. 5 through 8 at 6:30 p.m. at the Jimmy Brought Fitness Center. Resumes or letters of intent for coach positions are due Aug. 25. For more information, call Earl Young at 221-1180, or e-mail earl.young@samhouston.army.mil.

Women’s basketball team tryouts

Tryouts for coach and player positions on the post women’s basketball team will be held Sept. 5 through 8 at 6:30 p.m. at the Jimmy Brought Fitness Center. Resumes or letters of intent for coach positions are due Aug. 25. For more information, call Earl Young at 221-1180, or e-mail earl.young@samhouston.army.mil.

Instructors needed

The Jimmy Brought Fitness Center seeks instructors for pilates and yoga classes. For more information, call Lucian Kimble at 221-2020.

BAMC amputees cheer each other on at 5K

Story and photos by Michael Dulevitz
[Brooke Army Medical Center Public Affairs](#)

Twenty-two patients, staff and family members with Brooke Army Medical Center’s Amputee Care Clinic set out Saturday to work as a team and finish the San Antonio Silver Stars 5K walk and run at the AT&T Center, no matter how long it took.

Twelve amputees were among the group finishing the race. Spc. Domingo Soto-Santana led the pack finishing the race with a time of 26 minutes, 26 seconds. Bringing up the rear, the last participant to finish the race entirely on crutches, was Kara Roth, a military spouse, with a time of one hour, 39 minutes and 56 seconds.

Roth, a recent amputee, lost her leg in June as a complication of horseback riding accident, has been working out with wounded warriors in the Amputee Care Clinic as part of her physical therapy. Joining the group for the run, she was an integral part of the BAMC team.

Despite the humidity, the entire BAMC team stayed until she crossed the finish line. As Roth made the last turn, she was joined by the rest of the team that had gone back out on the course, showing her their support. The group rallied around her, cheering and encouraging her to finish.

“She was definitely a motivator,” said Pvt. Don Martinez.

“We work as a team, we are all in it together,” said Senior Airman Kevin Close.

Roth said finishing the race was a step in getting back to a normal life.

“It gave me the feeling that there were more possibilities out there,” said Roth. “I’m glad I finished.”

Roth suffered blisters to her palms from the race. With the combination of heat and humidity, she said it was a challenge just holding on to her crutches.

Her physical therapist, Matt Parker, said Roth had set a goal and he was extremely proud that she had met that goal.

The race is one of many activities that the patients and staff of the BAMC Lower Extremity Amputee Care Center participate in as a team.



Brooke Army Medical Center patient Navy Petty Officer 3rd Class Manny Del Rio and Spc. Domingo Soto-Santana cross the finish line at the Silver Stars 5K walk and run.



Senior Airman Kevin Close finishes the Silver Stars 5K walk and run Saturday at the AT&T Center followed closely by Staff Sgt. Chris Ramaka as Brooke Army Medical Center prosthetist John Ferguson follows directly behind.

Army docs can pursue career as clinical pharmacologists

By Karen Fleming-Michael
U.S. Army Medical Research and Materiel Command Public Affairs

A lab scientist doing clinical pharmacology work was the last thing Col. Colin Ohrt wanted to be when he was in his second year of studying new antimalarial drugs in rural Thailand and Indonesia.

“I wanted to be a doc, a clinical person,” he said. “I didn’t know what a clinical pharmacologist was.”

After being strongly encouraged to train as a clinical pharmacologist a decade ago, Ohrt now thinks it was one of the best opportunities he’s had since joining the Army.

Army clinical pharmacologists are medical doctors who have a talent for developing medicines and creating clinical trials to safely test them in people. Also called translational medicine, clinical pharmacology is a growing career within the Army Medical Research and Materiel Command, which develops drugs and vaccines for service members and takes those products through the Food and Drug Administration’s licensing process.

“The MPMC is focused on developing new therapeutics for the warfighter,” said Maj. Kevin Leary, who completed his clinical pharmacology fellowship in June 2005. “It can take a long time, sometimes more than 10 years, for us to complete the necessary safety and efficacy studies to satisfy FDA requirements for approval. We’re trying to get talented people interested in learning about clinical drug development so this process can be more efficient.”

Army docs, like Leary, who complete the Army’s training fellowship in clinical pharmacology, can end up conducting clinical trials at the Walter Reed Army Institute of Research, the Uniformed Services University of the Health Sciences or at Walter Reed Army Institute of Research’s overseas labs in Kenya or Thailand.

Leary, who tells people he’s involved in clinical drug development because it’s more descriptive than clinical pharmacology, said that “we are currently involved in clinical testing of new therapeutics for malaria to bridge the gap between bench work and more advanced clinical trials.”

Ohrt now directs the Army’s Clinical Pharmacology

Fellowship Training Program, which targets its recruiting efforts toward doctors who have hands-on experience and have primary care backgrounds, like internal medicine, pediatrics or family practice, because they need to be able to take care of people in clinical trials.

“Although the primary focus of our work is research, we still see patients. We’re medical doctors and need to maintain clinical skills,” said Leary, who trained in internal medicine.

Now at the Uniformed Services University of Health Sciences, he sees patients at the Walter Reed Army Medical Center and the National Naval Medical Center. He also teaches medical students, develops curriculum for the university’s clinical pharmacology program and works on clinical trials for anti-malarial drugs.

Maj. David Saunders, the fellow starting in July, is currently serving in Operation Enduring Freedom, gaining hands-on clinical experience in leishmaniasis and malaria and supporting the Army mission on the ground to gain greater understanding of the needs of the warfighter.

Maj. Kent Bennett, a doctor of osteopathy in his first year of the clinical pharmacology training fellowship, said the program is what he expected.

“Basically, I try to become the bridge between the basic scientist and the medical world,” said Bennett. “I’m still a first year fellow, so I haven’t done much on my own.”

Next year, Bennett will spend time at the Uniformed Services University of the Health Sciences, which co-directs the fellowship. After that, he will have a three-month rotation at the Food and Drug Administration so he can see how translational medicine ultimately comes together. He will also visit the Armed Forces Research Institute of Medical Science in Thailand to see if he and the lab are a good fit.

Ohrt has spent a third of his career at overseas labs, and is convinced the time clinical pharmacologists spend there helps improve military and public health. “The military has a problem with malaria, so we do drug development. But there are 1 to 2 million deaths per year and 500,000 cases of illness every year from malaria. Instead



Photo by Robert Scott Miller

Maj. Shon Remich (left), a clinical pharmacologist with the U.S. Army Medical Research Unit – Kenya, works in the field, helping to bring improved malaria drugs to people where the disease is endemic. Successes in these settings benefit service members who may be stationed in areas where malaria is pervasive.

of getting better it’s actually getting worse,” he said. “This is a disease that actually can be eliminated from many parts of the world.”

The Army offers one slot every year for the fellowship. “We are looking for the right people to apply,” Ohrt said. No other military service offers the career, so the group is a tight-knit fraternity within the Army.

“It’s a real way to make a difference but in a different way than what the usual physician does, which is one patient at a time,” he said. “You can make substantial new discoveries that will impact public health.”

The application deadline for the clinical pharmacology training fellowship is Sept. 15. The program begins July 1 of the following year. For more information, Army doctors should contact their local Graduate Medical Education office; Col. Colin Ohrt, co-director, Clinical Pharmacology Fellowship Training Program, via e-mail at colin.ohrt@us.army.mil; or Dr. Louis Cantilena, co-director, Clinical Pharmacology Fellowship Training Program, at lcantilena@mx.usuhs.mil.

Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Don’t give bacteria the upper hand

By Jennifer Keefer
U.S. Army Combat Readiness Center

FORT RUCKER, Ala. — Around 76 million people become ill, more than 300,000 are hospitalized and 5,000 Americans die each year from foodborne illness, according to the Centers for Disease Control and Prevention.

The risk of foodborne illness increases during the summer months because disease-causing bacteria grow faster on raw meat and poultry products in warmer weather, said Dr. Richard Raymond, U.S. Department of Agriculture under secretary for food safety. Bacteria also need moisture to flourish and the hot and humid conditions of summer weather provide the perfect conditions.

Unfortunately, thermostat-controlled cooking, refrigeration and washing facilities are not usually available while grilling outdoors so it becomes even more important to be aware and take necessary steps to prevent foodborne illness and growth of bacteria. The USDA states that poultry, beef and pork require a safe minimum internal temperature to ensure that food is fully cooked and safe to eat.

The temperatures that attract most bacteria are between 40 and 140 degrees. Food should not sit out for more than two hours in temperatures below 90 degrees. In temperatures above that, people should discard food one hour after cooking.

Staff Sgt. Lance Osborne, Veterinary Services Food Safety Branch NCO in charge of food inspection for Fort Rucker, emphasized the importance of temperature, as well as sanitation.

“You need to keep hot foods hot and cold foods cold,” said Osborne. According to the USDA, cold is considered below 40 degrees while hot is above 140 degrees.

“Definitely, never partially cook something with the intention of finishing it up later,” said Osborne. “This is where bacteria are more apt to grow. As for sanitation, never use the same plate for raw and cooked food, especially poultry. This can result in cross-contamination.”

Several global outbreaks of foodborne illness, such as mad cow disease and E. Coli, have increased concerns among the American public, according to a food and water safety report developed by the CDC. Most consumers said in the report that they feel they are at a lower risk from illnesses eating at home rather than at restaurants. In fact, 20 percent of the reported cases involving foodborne illness are a result of home preparation. Most of these cases could have been prevented with more emphasis on basic sanitation and awareness, according to the CDC.

Fortunately, according to the USDA, people rarely become ill from contaminated food because most people have a healthy immune system that protects them not only from harmful bacteria on food, but from other harmful organisms in the environment. But consumers can further protect themselves at home with proper refrigeration and thorough cooking of perishable food.

The USDA has provided four steps that can be used inside as well as outside during the summer months to help prevent the spread of bacteria.

Clean – Wash hands and surfaces often. **Separate** – Don’t cross-contaminate.

Keep raw meat and poultry apart from cooked foods. Don’t use the same cutting board, platter and utensils for raw and cooked meat.

Cook – Use a food thermometer to be sure meat and poultry are safely cooked. Visual indications, such as brown exterior, do not always mean that it is fully cooked.

Chill – Refrigerate or freeze promptly. The USDA also offers pointers for defrosting and marinating food. For example, never defrost food at room temperature. The refrigerator is the most recommended place to defrost food. If time is restricted, people can seal meat in a plastic bag and place it in cold water for 30 minutes. As a

last resort, people can defrost meat in the microwave as long as it is grilled immediately. As for marinating food, the USDA suggests never to marinate it at room temperature and never reuse the sauce.

To sum up the importance of healthy food preparation, usage and storage, the USDA stresses that people must remember the basics and, if there is any doubt, throw it out.

For food safety questions, call the USDA Meat and Poultry Hotline at 1-888-MPHotline weekdays from 10 a.m. to 4 p.m. EST. Recorded food safety messages can also be heard 24 hours a day.

For more information, visit www.fight-bac.org, www.foodsafety.gov or www.fsis.usda.gov.

Brooke Army Medical Center Health Promotions – August Class Schedule

Class	Dates	Time	Place
* Asthma Management	Tuesday and 29	2 to 3:30 p.m.	BAMC Health Promotions, lower level, Room L31-9V
Cholesterol Management	30 Tuesday	1 to 2:30 p.m. 10 to 11:30 a.m.	BAMC Health Promotions (This class is by consult only)
Diabetes Management	Monday and Tuesday		To participate, call Lila Kinser at 916-0794
Diabetes Management (Pre-Diabetes)	Wednesday		To participate, call Lila Kinser at 916-0794
Diabetic Foot Care	Monday	1:30 p.m.	To schedule, call Family Medicine Service at 916-7932
* Tobacco Use Cessation A	Monday	3 to 4:30 p.m.	Army Community Service, Building 2797, Stanley Road
* Tobacco Use Cessation B	Tuesday	5 to 6:30 p.m.	BAMC, fourth floor conference room, Room 413-11
* Tobacco Use Cessation C	today and 24	3 to 4:30 p.m.	BAMC, fourth floor conference room, Room 413-11
* To schedule these classes, call 916-9900, select option No. 4. For more information, call 916-3352.			

Kennel selection takes planning, research



When planning vacations or traveling, the care of a beloved cat or dog is something that requires planning and forethought. The Fort Sam Houston Veterinary Clinic has a few guidelines to help pet owners choose the right kennel. Plan ahead and make reservations early since many kennels fill up rapidly, especially around the holidays.

Other important points to remember include:

- Visit the facility beforehand, look around and pay attention to cleanliness.
- Make sure cages are disinfected daily.
- Outdoor kennels should have adequate shelter from the elements.
- If it is an indoor kennel, ask if the dogs are taken outside. This is important if a pet is staying for an extended period.
- Find a facility that requires the standard vaccination protocol.
- Choose a kennel that requires each dog to have rabies, distemper and bordatella vaccinations, which protects against kennel cough.
- Cats should be required to have rabies and feline distemper vaccinations. It would also be wise to have cats vaccinated for feline leukemia.
- Some facilities require vaccinations but allow owners to have pets vaccinated when dropped off for boarding. It is important to remember that this practice may not provide adequate protection against some very serious illnesses.
- Ask if cats and dogs are kenneled separately. Easily stressed cats can be upset more by barking dogs.
- Some kennels have playtime and interaction with other dogs. Open interaction can cause problems such as aggression between dogs and injury during rough play. Supervision by trained kennel employees is very important.
- Inquire about the food a pet is fed while at the kennel. You may want to bring your own brand of pet food, even if the kennel is feeding a high quality food.
- If a pet has special medical needs such as medications, injections or physical therapy requirements, inquire if the kennel can provide these. A veterinarian who also provides boarding facilities might be the solution.
- Provide the kennel with any unusual personality quirks a pet might have, such as aggression specifically toward men or snapping when the pet's feet are touched.
- Inform your veterinarian where the animal is to be boarded and, in turn, inform the kennel where to take your pet in the event of an emergency.
- During your absence, it is important to leave an emergency number where you can be reached.

(Source: Fort Sam Houston Veterinary Clinic)

Know what to do when lightning strikes

Electrical Safety Foundation International and the Lightning Protection Institute recommend following these guidelines to stay safe during electrical storms:

- If outdoors, go inside. Look for a shelter equipped with a lightning protection system.
 - Go to a low point.
- Lightning hits the tallest object. Get down if you are in an exposed area.
- Stay away from trees.
 - Avoid metal. Don't hold metal items, including bats, golf clubs, fishing rods, tennis rackets or tools. Avoid clotheslines, poles and fences.
 - If you feel a tingling sensation or your hair stands on end, lightning may be about to strike. Crouch down and cover your ears.
 - Stay away from water. This includes pools, lakes, puddles and anything damp, such as wet poles or grass.
 - Don't stand close to other people. Spread out.
 - Once indoors, stay away from windows and doors.
 - Do not use corded telephones except for emergencies.



- Unplug electronic equipment before the storm arrives and avoid contact with electrical equipment or cords during storms.
- Avoid contact with plumbing, including sinks, baths and faucets. Do not take baths and showers during electrical storms.
- Don't forget pets during thunderstorms. Doghouses are not lightning-safe. Dogs that are chained can easily fall victim to a lightning strike.

Victims of lightning strikes should be given CPR if necessary and seek medical attention. For protection in homes and buildings, consider contracting with an experienced LPI-certified lightning protection specialist to install a lightning protection system, which can intercept lightning strikes and guide the current harmlessly to the ground.

LPI recommends contacting local lightning protection specialists for more information or visit www.lightning.org. For safety information, visit www.electrical-safety.org.

(Source: www.electrical-safety.org)

PostPulse:

Now that school has started, what will you do with your free time?



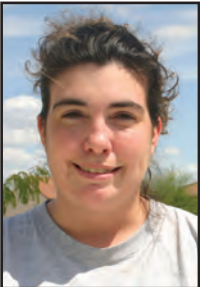
*“Free time?
Ha, ha, I will do
more activities
with my two
smaller children.”*
**Lesley
Donohue**



*“I work at night,
so I sleep during
the day. Now I will
have more quiet
time to sleep.”*
**1st Lt. Ona
Osborne**



*“I will be doing
volunteer work at the
elementary school. I
am concentrating on
‘me time’ I am going
to go to the gym.”*
Remonia Mester



*“I don’t have
free time. With
seven kids, I’m still
running them here
and there, shop-
ping, doing what I
do year round.”*
Cindy Callison

Troop Salute

232nd Medical Battalion



Soldier of the Week

Name: Pvt.Shannon Schnaars
Unit: B Company
Hometown: Garrison, N.Y.
Reason for joining the Army: To serve my country, to better myself and to get a good job.
Hobbies: Volunteer firefighter, sports, motorcycles



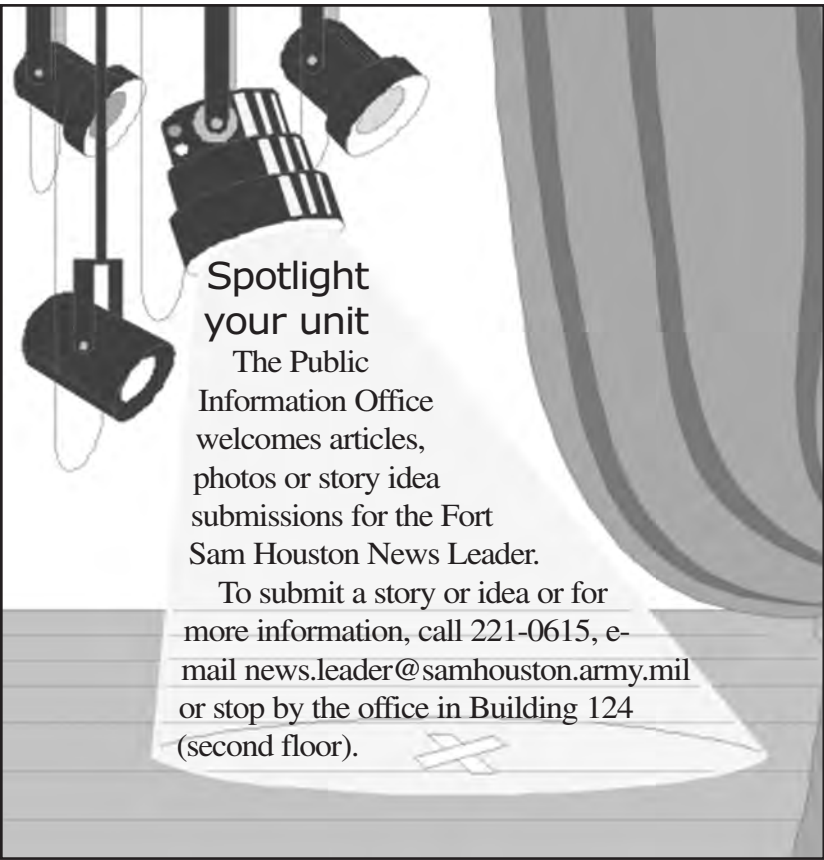
CAREER CLIPS

Resolution specialist, San Antonio – Resolves billing issues to facilitate prompt and complete payment for services rendered. Researches and reconciles differences between customer’s understanding of scope of services and company’s understanding. Researches billing-related problems and determines cause.

Rehab Director, San Antonio – Requires licensed occupational therapist or physical therapist to provide the highest quality of rehabilitation services including assessment, treatment planning and therapeutic interventions in an interdisciplinary environment. Is responsible for delivering a full range of assessment and treatment planning, conducting patient education and contributing to unit performance goals.

Research and development, San Antonio – Exposure to working with formulations in making baked goods or food products. Communicates with customers on product ideas from inception to prototype runs. Continually ships out product samples for evaluation.

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2263, Room B099 or by calling 221-1213.



Spotlight your unit
The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader.

To submit a story or idea or for more information, call 221-0615, e-mail news.leader@samhouston.army.mil or stop by the office in Building 124 (second floor).

WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

IT CAN HAPPEN.

The Financial Readiness Program at Army Community Service offers this service. For more information, call 221-1612.



Fort Sam Houston
Independent School District
Weekly Calendar - Monday
through Aug. 26

Fort Sam Houston Elementary School
Tuesday
Open house for fourth through sixth grades, 6 p.m.
Wednesday
Early dismissal
Kindergarten through fourth grade, 2 p.m.
Pre-kindergarten, 2:15 p.m.
Fifth and sixth grade, 2:30 p.m.
Aug. 25
Spirit day
PTO board meeting, 10 a.m.

Robert G. Cole Jr./Sr. High School
Monday
Senior class meeting in cafeteria, advisory
Band night rehearsal at Cole Field, 6 p.m.
Tuesday
Junior class meeting in cafeteria, advisory
Varsity volleyball at Karnes City, TBA
Aug. 24
Varsity football scrimmage vs. Poth, 6 and 7 p.m.
Varsity volleyball at La Pryor, TBA
Aug. 25
Volleyball vs. Utopia at Cole, 5, 6 and 7 p.m.
Aug. 26
Cole cross country vs. Incarnate Word High School at FSH Salado Park, 8 a.m.
Varsity volleyball at La Pryor, TBA

Cole open house

The Cole High School Open House will be held Aug. 28 at 6:30 p.m. in the Tom Moseley Gymnasium. The event is for ninth through 12th graders and parents or guardians.



Photo by Lt. Col. Robert Hoffmann
Parents and students attended the Cole Jr./Sr. High School “Cougar Roundup” Aug. 11. Textbooks, covers, and schedules were distributed. Students practiced with their locker combinations as part of the preparation for the first day of school Aug. 14.



Photo by Dr. Gloria Davila
Anne Grau (left), Cole Jr./Sr. High School nurse, reviews the immunization records for Alex García, new student to the campus, on the first day of school. Joining Alex, a seventh grader at Cole, is sister, Alondra, third grader at Fort Sam Houston Elementary, and mother, Estrella García. Alex and Alondra are the children of Sgt. 1st Class Alejandro García.



Photo by Dr. Kathy Maxwell
Tonya Hyde, Fort Sam Houston Elementary assistant principal for instruction, along with all support staff members, assisted parents on the first day of school. Hyde searches for the teacher’s name and room number for this family’s children.



Photo by Dr. Gloria Davila
Gerianne Ferrell, Fort Sam Houston Elementary pre-kindergarten teacher, prepares to line up her students for a restroom break. A change in state law passed during a recent special session of the Texas Legislature allows pre-kindergarten-aged children of active military personnel to attend school.



Photo by Dr. Gloria Davila
Janice Monroe, Cole High School math teacher, explains the rules and regulations to advisory students on the first day of the 2006-2007 school year. All Fort Sam Houston Independent School District students are provided a Student-Parent Handbook with pertinent school information.

Newspaper work involves more than just *writing*

By **Lionel Q. Lowery III**
Special to the News Leader

Note: Lionel Lowery III wrote a series of articles on various careers and volunteer opportunities military youth can pursue. This week, in his last article for the summer, Lowery explored what it takes to be a multimedia illustrator.

For my last article before school started, I wanted to learn about something that has intrigued me for a very long time: multimedia illustration. Every time I am in a



Photo by Elaine Wilson

Lori Newman, layout and design artist, puts the finishing touches on the News Leader, the post newspaper.

bookstore, I head to the magazine section to see the latest gadgets or “How to Bulk Up In 10 Days.” Though the articles are interesting, I really like to see how an article is laid out and the different texts placed with the pictures. I have always wondered about the aspects of printed media but I never knew how much work it entailed.

With that in mind, I met with Lori Newman, layout and design artist for the Fort Sam Houston News Leader.

Newman first showed me how a desktop-publishing program called Quark works. This is the program she uses to collect the pictures and texts and put them into the layout template.

The publisher sends Newman the newspaper pages with just the advertisements, and she has to strategically place the articles around the ads so they fit and look clean and professional. She told me that when she first started in the business there wasn’t technology to compose a newspaper on the computer and she had to do it all by hand. She would cut and paste each item that went on a page. Once that was done, the completed page would have to be copied and sized to fit the dimensions of the paper for printing.

Next, Newman showed me how to make the picture “printing-press friendly.” A color picture, unless on a color page, is changed to black and white and the “dots per inch” set at 300. The dpi is how far apart the dots are that make up a picture. Take a second to look at the photos in the paper. It is very hard to see the dots but, look closely, and you can see them. The smaller the dpi the easier it is to see the

dots. When spread farther apart, the picture loses its form.

The most important thing I learned was design for your audience. If writing or publishing about kids, the story can be more fun and vibrant. Whereas, when writing an informative story, the article needs to be streamlined so the reader can get right to the point of the story, and the copy attracts more attention than a colorful font might.

Characteristics needed to be a multimedia illustrator:

- Creativity
- Be willing to take criticism
- Learn from others
- Be able to go with the flow; be flexible

Future opportunities

Multimedia illustrators have a lot of opportunities, both in and out of the military. A background as a multimedia illustrator in the military will prepare you for a future as a graphic designer, graphic illustrator, or you can work in an advertising agency or Web design firm.

If interested in graphic design

Look for software such as Adobe Photoshop, which allows photo retouching, image editing and color painting. With software programs, the user can make a subject look like a cartoon or even make a person look as tall as a blade of grass.



Pvt. April Snyder, of C Company, 187th Medical Battalion, takes advantage of the Hacienda Recreation Center's latest technology, the Multi Player On-line Games, or MPOG, a video game software program played on high-definition, high-resolution 26-inch monitors.



Pvt. Christina Martin, of C Company, 232nd Medical Battalion, plays piano in one of the music rooms at the Hacienda Recreation Center. "I come to the Hacienda just so I can play," said Martin, a combat medic-in-training who also sings and plays the clarinet, trombone and guitar.



Pfc. Sheri Molden, of D Company, 232nd Medical Battalion, hones her pool skills at the 1st Air Cavalry Division Recreation Center. The center offers a wide range of entertainment choices from state-of-the-art computers, to Advanced Individual Training and Initial En-



Cashier Lajuana Williams hands Pvt. Pamela Moore, of A Company, 232nd Medical Battalion, her food purchase at the Hacienda Recreation Center's snack bar. "I come here a lot," Moore said. "It's a great place to come and relieve stress, to just chill."

Soldiers

By Elaine Wilson
Fort Sam Houston Public Information Office

The Hacienda Recreation Center has evolved and crafts classes and record-driven dances giving Internet surfing and compact disc juke boxes playing hip-hop music.

But while the faces and technology have changed, the center has remained the same – Ben Paniagua.

September will mark Paniagua's 40th year at the company. Paniagua would be hard-pressed to call work.

"I love what I do," said the San Antonio native. "I absolutely look forward to coming to work."

The Hacienda, which is part of the Directorate of Recreation, dates back to 1964, when it was known as the Fort Sam Houston community. Fresh from the Air Force, Paniagua came on board in 1966 and

"I had no idea what I was supposed to do," I said. 'What's my job?' and she simply said, 'Your job is to be a Soldier.' From that day on, that's exactly what I was. A Soldier."

As an aide, Paniagua offered finger painting



Jimmy Hemphill, Hacienda recreation aide, lends an electric guitar to Pvt. Bryan Maiden, of D Company, 232nd Medical Battalion. The Hacienda has a variety of musical equipment, to include guitars, pianos and drums, for Soldiers to borrow so they can retain their musical skills throughout training.



Ben Paniagua, Hacienda Recreation Center manager, takes a break to talk with Soldiers Sunday in the center's courtyard.



Pfc. Erin Ross, of B Company, 264th Medical Battalion, plays a game of cards with her fiancée, Zack Phillips, who is visiting from Fort Hood, Texas.

Photos by Elaine Wilson
l skills Sunday at the Hacienda
, from first-run movie showings
ntry Training Soldiers.

find stress-free haven at Hacienda

Soldiers danced the "mashed potato" and "the twist." He also felt the heartbreak when the music ended and the Soldiers he laughed with left for Vietnam.

"I knew many of them wouldn't come back," he said. He recalled a Christmas when he pulled 25 cards out of his mailbox from Soldiers in Vietnam. "I felt for the first time that maybe I was making a difference."

The Hacienda, as it was named in 1973, offered a stress-free getaway for Soldiers in training at the Army Medical Department Center and School, but Paniagua said the open-door policy presented challenges. "We started seeing too much fraternization so, 10 years ago, the rules changed so only Soldiers in training could come."

The Advanced Individual Training and Initial Entry Training Soldiers, most training to be combat medics, flocked to the Hacienda, looking to blow off steam and escape the strict and watchful eyes of the drill instructors. Paniagua focused his time and energy on creating a safe, fun environment.

He shifted his hours from the normal civilian workday to evenings and weekends so he could talk to Soldiers and stay "hip" despite the years he said transformed him from a "brother to a grandfather."

"I try to keep up with the Soldiers as they change," he said. "I come to see what they need and do my best to meet those needs."

With Paniagua's influence, the center has evolved from a casual hang-out into a "techie" paradise, complete with the latest in gaming systems,

26-inch flat screen monitors and high-speed Internet. For the less technology-oriented, the center offers first-run movie showings, a pool room with a dance floor, snack bar and a musical instrument loan closet with private rooms for the musically inclined Soldiers.

"I was shocked when I first heard there were musical instruments at the Hacienda," said Pvt. Christina Martin, of C Company, 232nd Medical Battalion. "I never imagined I'd be able to continue playing piano and singing while at training."

Paniagua also personally arranges for entertainment. His karaoke challenge was a huge hit among Soldiers and his ethnic observances are heavy on Soldier involvement in hopes he can "erase prejudice and discrimination."

Paniagua's dedication has not gone unnoticed. His office is littered with directing and entertainment awards, a by-product of his work with annual entries to the Army's Festival of the Performing Arts and Recreation Program Competition. His most recent show, "Dancing with Soldiers," mimicked the TV show, "Dancing with the Stars," by pairing inexperienced Soldier-dancers with professionals. The upcoming "Military Idol" show will feature the best vocal talent on Fort Sam Houston.

He could have left years ago, moved on to higher positions or to try something new, but Paniagua said the money and titles just aren't worth the sacrifice. "I don't want to leave the Soldiers," he said. "They are my life. Like I promised 40 years ago, I'll continue taking care of Soldiers."

d with the times, with arts
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umping out the latest in
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ive. "I have fun here and
e of Morale, Welfare and
wn as Service Club #2 and
n off a four-year tour with
as a recreation aide.
he said. "I asked my boss,
b is to take care of
I did. I live and breathe
classes and watched as

POST WORSHIP SCHEDULE

Main Post Chapel, Building 2200, 221-2754

Catholic Services:
4:45 to 5:15 p.m. - Confessions - Saturdays
5:30 p.m. - Mass - Saturdays
9:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - weekdays

Protestant Services: Sundays:
8 a.m. - Traditional Protestant
11 a.m. - Traditional Protestant

Jewish Services: 379-8666 or 493-6660
8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

Protestant Services:
10 a.m. - Worship Service - Sundays
12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Troop Catholic Mass:
11 a.m. - 32nd Med. Bde. Soldiers - Sundays

Troop Protestant Gospel Service:
9:45 a.m. - 32nd Med. Bde. Soldiers - Sundays

Troop Protestant Service: 8:30 a.m. - 32nd Med. Bde. Soldiers - Sundays

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Service: 12:30 p.m. - Mass - Sundays

Protestant Services:
10:30 a.m. - Collective Gospel Protestant - Sundays
9:30 to 11:30 a.m. - Women’s Bible Study (PWOC) - Wednesdays, childcare is provided.

Samoan Protestant Service: 8:30 a.m. - Sundays

FSH Mosque, Building 607A, 221-5005 or 221-5007

10:30 a.m. - Children’s Religious Education - Sundays
1:30 p.m. - Jumma - Fridays
7:30 p.m. - Adult Religious Education - Thursdays

Evans Auditorium, 221-5005 or 221-5007

Mormon Service: 9:30 to 11:30 a.m. - Sundays

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:
8:30 a.m. - Mass - Sundays
11 a.m. - Mass - Sundays
11 a.m. - Mass - weekdays

Installation Chaplain’s Office, Building 2530, 295-2096

Contemporary Service: 11:01 a.m. - Sundays

Web site:
www.samhouston.army.mil/chaplain

RELIGIOUS HAPPENINGS . . .

PWOC fall kick off

The Protestant Women of the Chapel will hold their fall semester kick off Aug. 30 from 9:30 to 11:30 a.m. at Dodd Field Chapel. All women from the local military community are invited to attend. Childcare will be provided for children up to age 5. The theme for the year is “Unity – to let the world know,” from John17:23. Six different Bible studies will be offered. Following the kick off, PWOC will meet Wednesdays from 9:30 to 11:30 a.m. A Thursday study will also be available at Dodd Field Chapel from 6:30 to 7:30 p.m. starting Aug. 31. Childcare will be provided. For more information, call Lois Griffith at 226-1295 or visit www.samhouston.army.mil/chaplain/pwoc.



Bible study break

The Sunday afternoon Officers’ Christian Fellowship Bible study will not be held during the summer. A Bible study will begin in September with full details to be publicized at a later date. For more information, call Lt. Col. Bob Griffith at 385-8451 or e-mail robert.griffith1@amedd.army.mil.

Chapel to offer youth ministry course

The Installation Chaplain’s Office will hold a youth ministry course Aug. 30 and 31 from 6 to 8 p.m. at the Installation Chaplain’s Office, Building 2530. Dinner is included. Learn to map the world of youth, set a compass vision for youth ministry and develop an itinerary planning process for a spiritual journey in the youth ministry. For more information or for reservations, call Brian Merry at 221-5006 or e-mail brian.merry@samhouston.army.mil.

Serve Your Country One Patient at a Time

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HEALTHCARE.GOARMY.COM

Career counselors

Soldiers and their families can contact a career counselor at any time for career and reenlistment information. The following are the Fort Sam Houston retention team career counselors:

Sgt. Maj. Gary T. Schoolfield, command career counselor
Sgt. Maj. Edward M. Chavis, command reserve components career counselor

Unit	Career counselor	Phone No.
Fort Sam Houston and Army Medical Department Center and School Defense Finance and Accounting Service-San Antonio/ Hometown News/Medical Command/Veterinary Command/Dental Command/Special Troops Battalion	Master Sgt. Richard Rieck Sgt. 1st Class Maurice Sims	221-2800 295-0645
32nd Medical Brigade	Master Sgt. Andy Bevil	221-4535
Academy Battalion	Staff Sgt. Robert Zamora	295-8771
Great Plains Regional Medical Command	Master Sgt. Wayne Baker	295-2386
Brooke Army Medical Center	Sgt. 1st Class Reginald Griffin	916-9746
5th Recruiting Brigade	Sgt. 1st Class Ruben Garcia Staff Sgt. Patty Castro Staff Sgt. James Pashia	221-0089 295-8775 221-1551
5th U.S. Army 418th Medical Logistics/440th Blood Detachment/ 591st Medical Logistics/Explosive Ordnance Detachment/ 228th Combat Support Hospital/43rd Vet. Med. Detachment	Sgt. 1st Class Cynthia Kling	221-1999
U.S. Army South	Master Sgt. Thermon Jones Sgt. 1st Class Cynthia Kling	295-6562 295-5964
470th Military Intelligence Brigade 314th Military Intelligence Battalion	Staff Sgt. Brian Banfield	295-6787
Fort Sam Houston reserve component	Sgt. 1st Class Humphreys	221-1942

WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

IT CAN HAPPEN.

The Financial Readiness Program at Army Community Service offers this new service. For more information, call 221-1612.



2006 Combat Medic Fest

The 2006 Combat Medic Fest will be held Oct. 21 from 7:15 a.m. to 6 p.m. at the MacArthur Parade Field. The Combat Medic Run will kick off the day-long festivities and includes a 5K, 10K and 10 meter run or walk. Other activities includes a parade, arts and crafts fair, live entertainment, games, contests and children’s activities. For the first time, the festival will include a barbecue cook-off, “Funniest Soldier on Post” competition and a dance contest. Additionally, the Directorate of Morale, Welfare and Recreation is seeking food and arts and crafts vendors and participants to enter into the parade and barbecue cook-off. To register as an arts and crafts or food vendor, call 221-5225. To participate in the “Funniest Soldier on Post” contest, call John Rodriguez at 221-1234. For more information on event activities, call 221-3003. The Combat Medic Fest is sponsored by DeVry University, First Command Financial Planning and Hotel Marquis Airport.

COMMUNITY RECREATION

New hours at outdoor pool

The Aquatic Center’s hours of operation are Monday through Friday from 11 a.m. to 1 p.m. for lap swimming only, at no charge, and 4 to 8 p.m. for open swimming. The slides will be closed to the public. On week-ends and holidays, the pool will be fully operational with slides and deep end swim-ming open to patrons from 12 to 8 p.m. Lap swimming is free. All other services are sub-ject to a \$2 admission charge. For more information, call 221-4887.

Horse riding lessons

The Equestrian Center offers Western, English and jumping lessons for individuals and groups. Participants must be at least 7 years old. The cost is \$25 per person for a group lesson, \$35 per person for a semi-pri-vate lesson and \$40 per person for private instruction. Discounts are available for groups of five. For more information, call 224-7207.

Bodybuilding show

A bodybuilding show will be held Wednesday at 6:30 p.m. at the Jimmy Brought Fitness Center. The competition is open to the public. Men’s and women’s cate-gories are included. Entry fee is \$35. To par-ticipate or for more information, call Lucian Kimble at 221-2020 or 221-1234.

Bow hunter education class

A two-day bow hunter education class will be held Saturday and Sunday from 8 a.m. to 3 p.m. at the Camp Bullis Outdoor Recreation Center. The registration fee is \$15 and payable on the first day of class. Reservations are required. The two-day class is mandatory for all bow hunters who want to hunt on Camp Bullis. Attendees should bring

their own bows to class each day. The course is open to anyone 12 years old and older. To register or for more information, call 295-7577 or 295-7529.

Free Judo classes

Free Judo classes will be held at the Jimmy Brought Fitness Center every Saturday from 10 to 11:30 a.m. For more information, call Carl Johansen at 279-1742.

Winter Swim Improvement Program

Sign up for the Winter Swim Improvement Program at the Jimmy Brought Fitness Center Sept. 2, 3, 9 and 10 from 9:30 to 11:45 a.m. Students must be present during the registration process and ready to enter the swimming pool to take a swim test. The program consists of eight weeklong lessons taught Saturdays or Sundays. The first session begins Sept. 16, and the last session starts March 18. The program is for swimmers with levels two through six skills. Its purpose is to increase students’ current swimming knowledge and ability. Sessions are limited to 10 students per class chosen on a first-come, first-serve basis. Cost is \$35 per student per session. For more information on the program, call Amanda Ballew at 221-1234 or 295-8861.

3-D archery shoot

A 3-D archery shoot will be held Aug. 26 and 27; registration is 8 to 10 a.m. This competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in woodland settings. Awards will be presented to the top three in each class. Cost is \$15 per person. Minis and cubs shoot free with a paid adult, and a playground is available for younger chil-dren. For more information, call the Camp Bullis Outdoor Recreation Center at 295-7577.

Special on barbecue grills, smokers

Through Aug. 31, barbecue grills and smokers rented at the Outdoor Recreation Center will include any size ice chest (50 to 150 quart size) and two 10-pound bags of ice at no extra charge. Rental fee for grills and smokers is \$15 per day or \$23 per weekend. They require a 2-inch ball hitch and four-way flat light hook up. Outdoor Recreation has a large inventory of outdoor toys and tools available at low rates. For more information or to reserve a grill or smoker, call 221-5225 or 221-5224.

AC service

Air conditioning service is available at the Fort Sam Houston Auto Craft Center. The Auto Craft Center has a certified air condi-tioning technician on staff with 30 years of experience. The cost is \$30 for ac service. Freon, oil and environmental fees are extra. Pick up a coupon for \$5 off ac service from various MWR facilities or from the Auto Craft Shop’s Web page at www.fortsamhou- tonmwr.com. Appointments are not needed. For more information, call 221-3962.

DINING AND ENTERTAINMENT

Sam Houston Club, 224-2721

Family-style Sunday brunch

Brunch is held the first and third Sunday of each month from 10 a.m. to 1:30 p.m. The next brunch will be held Sunday and will feature a kids’ meal station, chocolate fondue station, complimentary champagne and international food station. The cost is \$13.95 for nonmembers, \$11.95 for mem-bers and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

Super TGIF

Join us at Super TGIF for a “Taste of the Islands” Friday at 5 p.m. at Sam’s Sports Bar inside the Sam Houston Club. Sample free Caribbean food, live entertainment and drink specials. For more information, call 224-2721.

Bowling Center, 221-3683

‘Have a Ball’ open house

Bring the family to the Fort Sam Houston Bowling Center Aug. 25 from 5 to 9 p.m. for free bowling. Bowl to the rhythm of music and mesmerizing lights from newly installed bumpers and gutters. Customers who bowl a strike during the fifth and ninth frames will receive a free MWR T-shirt (while supplies last). For more information, call 221-3683. The event is sponsored by First Command Financial Planning and Home Depot.

Winter league bowlers needed

Winter league bowlers are needed at the Fort Sam Houston Bowling Center. League play begins Sept. 5. Leagues include the Ladies Trio Handicap, Mixed Four-Person Team, Short Season Trio Mixed Handicap, Seniors Mixed Five-Person Team, Roadrunners Trio Mixed Handicap, Thursday Niters Mixed Four-Person Team, Men’s Post Five-Man Teams Handicap, Guys and Dolls Mixed Four-Person Team and the Christian Fellowship Mixed Four-Person Team. Team and individual players are welcome. For more information, call 221-3683.

Family-fun bowling every Friday night

Bring the whole family out to bowl Friday nights this summer. The Family Rent-A-Lane special is every Friday from 5 to 8:45 p.m. through Sept. 1 at the bowling center. The cost is \$20 per lane, which includes unlimited bowling and shoe rentals. The offer is available to groups up to eight people. Smaller groups and indi-vidual bowlers can still enjoy \$5.95 unlim-ited bowling nights every Friday from 9 p.m. to 12 a.m. For more information, call 221-3683.

Golf Club, 221-4388

Labor Day Golf Tournament

Swing into action at the Labor Day Golf Tournament Sept. 4 at the Fort Sam Houston Golf Course. Shotgun start time is 1 p.m. Cost is \$35 for members and \$55 for nonmembers. Price includes tourna-

ment play, cart rental, prizes and awards banquet that follows the conclusion of the event. This tournament is a two-person scramble. To register and for more informa-tion, call the Pro Shop at 222-9386. Sponsored by Brook Owens of Keller Williams Realty, Gallop and Associates, Texas Veterans of Foreign War and Enterprise Rent-A-Car.

Warriors Monthly Scramble

Register up to four players to participate in the Warriors Monthly Scramble Sept. 6. The scramble is held the first Wednesday of each month at the Fort Sam Houston Golf Club. Shotgun start time is at 1:30 p.m. Entry fee is \$20 per person and includes cart rental, prizes and social following scramble. Participants must be in an authorized pass or leave status. Register at the Golf Club’s Pro Shop or call 222-9386.

Ladies golf clinic

A ladies golf clinic for beginners will be held today, Aug. 24 and 31 from 6:30 to 7:30 p.m. Cost is \$120. To register, call 355-5429.

Junior golf lessons

Junior golf lessons are held every Saturday from 9 to 10 a.m. at the Golf Course. Junior lessons are available for youth 7 to 16 years old of any level of expe-rience. The cost is \$7. For more information or to register, call 355-5429.

Harlequin Dinner Theatre

The romantic comedy “The Rainmaker,” by N. Richard Nash, will play at the Harlequin Dinner Theatre Sept. 6 through 30. Performance tickets are \$23.95 on Wednesdays and Thursdays and \$26.95 on Fridays and Saturdays. The house opens for salad bar and cocktails at 6:15 p.m., the buf-fet is open from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. For more information or reserva-tions, call 222-9694.

MWR ticket office

Effective Sept. 12, the hours of operation for the Morale, Welfare and Recreation Ticket Office will be Tuesday through Friday from 10 a.m. to 5 p.m. and closed on Saturdays and Mondays. For more informa-tion, call 226-1663 or 224-2721.

Seeking Military Idol performers

The 2006 Military Idol competition will be held Sept. 14 at 6:30 p.m. at the Hacienda Recreation Center. The winner will move on to represent Fort Sam Houston at the Army level of the compe-tition in search of the coveted distinction of U.S. Army “Military Idol.” First place winner receives \$500 plus an additional \$500 will go to the Soldier’s assigned military unit. For more information, call Ben Paniagua at 224-7250. The event is sponsored by Morale, Welfare and Recreation and the Armed Forces Vacation Club.

CHILD AND YOUTH SERVICES

Youth Services registration

Youth Services registration is Mondays through Fridays from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797, Stanley Road. Central Registration takes walk-ins and appointments. To register, parents need to bring current shot records, name and telephone num-ber of two local emergency contacts, physical exam or well baby check completed within the last 12 months with physician’s signature affixed, child’s Social Security number and proof of total family income, such as a current leave and earnings state-ment or pay stub. There is an \$18 annual registration fee per child, maximum \$40 per family of three or more registering participants. For more information, call Roxanne Lacy at 221-4871 or Arlene Alvarez at 221-1723.

Before and after school registration

Register youth for the before and after school program for middle school and open recreation. Participants must have a Child and Youth Services membership. To register for mem-bership, patrons will need to provide a leave and earnings statement or pay stub, two local emergency designees, \$18 registration fee and youth’s Social Security number.

Coaches needed for soccer

The Child and Youth Services Sports Program is recruiting volunteer soccer coaches. All volunteer coach-es are required to undergo a background check. For volun-teer information, call Central Registration at 221-4871 or 221-1723. For more information, call 221-4882 or 221-3502.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Sept. 19 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All

CYS patrons are encouraged to attend. This is an opportuni-ty to meet staff and learn of upcoming events and parent education opportunities.

Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, par-ents can read about the provider’s philosophy of care, hours of operation and background. This online tool can be accessed through the Child and Youth Services Central Registration office at Building 2797 from 8 a.m. to 4:30 p.m.

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full-day, part-day, before- and after-school care, hourly care, extended hourly care and long-term care. For referral information or child registration, call Central Registration at 221-4871 or 221-1723.

Events

OCSC Welcome, Sign-up Coffee

The Officer and Civilian Spouses’ Club will host a Welcome and Sign-up Coffee Tuesday at the Army Medical Department Museum, Building 1046, located at the corner of Harry Wurzbach and Stanley roads. Join the group in the museum’s activity room between 10 a.m. and 1 p.m. for refreshments and the opportunity to sign-up to participate in various groups and activities. Parking is available across the street from the museum’s entrance. Plan to visit the museum displays and gift shop. For more information, call Darlene Weber at 277-6624.

MOAA luncheon

The Military Officers Association of America Alamo Chapter luncheon will be held Aug. 24 at the Randolph Officers Club beginning at 11 a.m. Jean M. Przykucki, deputy chief, infection control and education at the South Texas Veterans Health Care Center, will be the featured speaker. The MOAA and the Alamo Chapter is open to active duty officers, warrant officers, Reserve and National Guard members, former or retired officers and warrant officers and surviving spouses. The cost is \$16. For reservations, call 228-9955 or e-mail moaa-ac@sbc-global.net. Tickets may be purchased at the door, but reservations are requested.

20th annual GrapeFest

The 20th annual GrapeFest, the largest wine festival in the southwest, will take place in the historic Main Street district at Grapevine, Texas, Sept. 7, 8, 9 and 10. Wine lovers and connoisseurs from across the nation will sample award-winning Texas wines. For more information, call 817-410-3185 or visit www.grapevinetexasusa.com.

Lone Star, Sierra Club conference

The Lone Star Chapter of the Sierra Club will host the South Central Texas Regional Water conference Sept. 9 from 8:30 a.m. to 3:30 p.m. at Chapman Hall Auditorium, Trinity College, San Antonio. Registration fee is \$20 paid before Sept. 5 or \$25 at the door. Students and press attend free. For more information, call 512-477-1729 or visit lonestar.chapter@sierraclub.org or http://texas.sierraclub.org

Freedom walk

Operation Homefront will sponsor Freedom Walk 2006 Sept. 11 beginning at 9:15 a.m. at the Alamodome in San Antonio. On this same day, throughout the country, in big and small venues, citizens will gather to participate in America Supports You Freedom Walks. For more information, call Amy Palmer at 659-7756 or e-mail amy@operationhomefront.net or visit www.operationhomefront.net/texas.

AT&T Pioneers Motorcycle Run

AT&T Pioneers will sponsor the second annual Motorcycle Run Sept. 16 beginning at the AT&T building on 530 McCullough with a destination to Shiner, Texas. San Antonio proceeds will benefit the United Service Organizations Council of San Antonio and Central Texas, Inc. Registration fee is \$30. Participants who pre-register by Aug. 24, will receive a T-shirt, pin and a catered lunch. Participants who register the day of the event will receive a pin. For more information, visit www.motorcycle-run-for-the-troops.org.

Spirits of San Antonio tour

Docia Williams, author of a number of books on ghosts, including “The History and Mystery of the Menger Hotel,” will conduct a bus tour of some of San Antonio’s most “spirited” places Oct. 6 beginning at 7 p.m. Participants will hear of local hauntings as they stop at the Spanish Governor’s Palace, the Menger Hotel and the Bullis House. The cost is \$52. Registration deadline is Sept. 22. For more information, visit www.communityed.neisd.net or call North East Community Education at 657-8866.

Jayhawks Bn. Alumni reunion

The Jayhawk Battalion Alumni Association will host the second annual alumni homecoming Oct. 7 at the University of Kansas Military Science Building. Events include the Wall of Fame induction ceremony, awarding of JBAA scholarships, cadet demonstrations, a Kansas Army ROTC history display and refreshments. Former cadets of the university and its cross-enrolled schools, family members and supporters are invited. For more information, visit http://www.armyrotc.ku.edu or e-mail Henry.David.Pendleton@us.army.mil.

Meetings

Warrant Officer Association meeting

The U.S. Warrant Officer Association, Lone Star Chapter meets the third Wednesday of the month at the VFW 8541 located at 2222 Austin Highway, San Antonio. WOA is open to active duty and retired service members of all ranks. For more information, call Suzan Farrell at 221-6532 or 378-0422.

NCO Wives Club meeting

The Noncommissioned Officers’ Wives Club will meet Sept. 5 at 10 a.m. at the Sam Houston Club. Spouses of military members and active duty women in the ranks of E-4 through E-9, active or retired, are welcome.

BAMC chess club

The Brooke Army Medical Center chess club meets Wednesdays from 5 to 7:30 p.m. in the BAMC Medical Mall. The club is open to military and their family members, civilians and patients; experience is not necessary. People can bring a chess set, or sets can be provided on site. For more information, call Sgt. Michael Veri at 513-3435 or e-mail michael.veri@cen.amedd.army.mil.

Seamless Transition Program

The Seamless Transition Program is a collaboration between the Department of Defense and the Department of Veterans Affairs to ensure continuity and improved coordination of health care and benefits for seriously disabled service members returning from theaters of combat operations. Seriously disabled service members or their families may be entitled to VA benefits while on active duty and can receive case-managed care of their issues. For more information, visit Brooke Army Medical Center, Room 513-7 or call 916-7897.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee’s recommendations to improve single Soldiers’ Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Micaela Reyes at 221-8947.

Training

Green to Gold briefings

Fort Sam Houston’s Education Center will sponsor Green to Gold briefings for Soldiers interested in the ROTC program. Briefings are Wednesday and Sept. 20 from 9 to 11 a.m. and 1 to 3 p.m. in the Army Learning Center, Building 2247, Stanley and New Braunfels roads. The ROTC cadre from a local university and the 12th ROTC Brigade will be available to answer questions.

Mandatory SAEDA, OPSEC training

Subversion and espionage directed against the U.S. Army and operations security training is mandatory for all Department of Defense personnel to include contract employees. SAEDA and OPSEC training for U.S. Army Garrison organizations and tenant unit personnel will be held Aug. 24 from 10 to 11:30 a.m. in Evans Theater. Personnel

should arrive no later than 9:30 a.m. to sign in. People who have not attended SAEDA training since October 2005 must attend prior to Sept. 30. A sign interpreter will be present. For more information, call the U.S. Army Garrison Security Office at 221-1906, 221-1859, 221-9500 or 221-9611.

Deployment to Employment training

The “From Deployment to Employment” training forum will be held Aug. 30 at the Hyatt Regency, One Bethesda Metro Center, 7400 Wisconsin Ave., Bethesda, Md. This forum will educate Department of Defense service providers about the technology and tools available to help wounded service members. Dr. William J. Winkenwerder Jr., assistant secretary of defense for Health Affairs, will host the forum. For more information, visit www.bethesda.hyatt.com/hyatt/hotels/index.jsp or www.tricare.osd.mil/CAP.

PIE day of training

The Alamo Federal Executive Board will host the first annual “Partners In Equality,” a special emphasis program one-day seminar Aug. 31 from 8 a.m. to 4:30 p.m. at the Norris Conference Center in the Crossroads Mall at Loop 410 and Fredericksburg Road. The seminar is targeted for managers, supervisors, line staff, military and civilians. The cost is \$35 per person; the deadline to register is Wednesday. For more information, call 616-8153 or e-mail carol.bran-chard@med.va.gov.

Funded Legal Education Program

The Office of the Judge Advocate General is now accepting applications for the Army’s Funded Legal Education Program. Under this program, the Army sends up to 15 active duty commissioned officers to law school at the government’s expense. Selected officers will attend law school beginning in the fall of 2007 and remain on active duty while attending law school. The program is open to commissioned officers in the ranks of second lieutenant through captain. Applicants must have at least two, but not more than six years of total active federal service at the time legal training begins. For more information, officers should contact their local Staff Judge Advocate; on post, call 221-2777.

Military intelligence recruiting

The 6th Battalion, U.S. Army Reserve, seeks Soldiers to fill military intelligence positions at Camp Bullis. For more information, call Sgt. 1st Class Barbara Richardson at 295-7629.

Army seeks warrant officers

The U.S. Army seeks highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks. Positions are open in all 41 specialties. Current application shortages include military intelligence, special operations, ammunition technician and many more. For more information, call 502-626-0328, 626-0466, 626-0484, 626-0458, 626-0271 or 626-1860; call toll free at 1-800-223-3735, ext. 6 and enter the last four digits of the phone number; or visit www.usarec.army.mil/warrant.

Webster University

The Webster University staff is available for all military personnel interested in pursuing a master’s degree. The Webster office is located in the Army Education Center, Building 2248, and is open Monday through Friday from 7:30 a.m. to 4 p.m. For more information, call 226-3373.

Army Reserve opportunities

The U.S. Army Reserve is actively recruiting. For more information, call 800-USA-ARMY or visit www.goarmyreserve.com.

St. Mary’s University education office

A St. Mary’s University representative is available Monday through Thursday from 8:30 a.m. to 4 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. in Building 2248, Room 206, to assist individuals interested in a master’s degree in teacher certification. For more information, call Iona Million at 226-3360.

Army online training

Army e-Learning is available for all Army personnel. People can access more than 2,600 distance learning courses to include business skills, interpersonal skills, computer professional and computer user skills, environmental, safety and health courses, 29 foreign languages and more than 80 information technology vendor certification exams. Army e-Learning offers personal mentoring for most IT certifications, in addition to promotion points and college credits. Also included is temporary access to more than 8,000 online books so people can assess their value to the workforce. This is a free service. For more information, visit https://usarmy.skillport.com/rkusarmy/login/usarmylogin.cfm.

Volunteer

Endodontics patients needed

The Department of Endodontics at Lackland Air Force Base seeks patients in need of root canal therapy. Applicants must be a military retiree, family members of active duty or a retiree, and have recently been diagnosed by a dentist with an endodontic condition requiring root canal therapy. Patients will be selected for treatment based on the needs of the endodontic training program. Eligible patients must obtain a written consult from their referring dentist and fax it to 292-6431 or bring it to the MacKown Dental Clinic during normal duty hours. For more information, call 292-7214.

Patients with pelvic pain needed

People who currently have pelvic pain are invited to participate in a research study. The study will test stomach muscles. This information may help determine if problems with stomach muscles are causing symptoms. All participants must be Department of Defense beneficiaries. For more information, call 2nd Lt. Jeff Dolbeer at 541-1271.

USO seeks volunteers

The United Services Organization Council of San Antonio has volunteer positions available in the following areas: the airport reception center, the downtown community center, events and programs, and the business office. For more information, call Julie Nichols at 227-9373, ext.12 or e-mail jnichols@alamouso.org.

Girls, Boys Town seeks mentors

Father Flanagan’s Girls and Boys Town of San Antonio is looking for volunteer mentors to help children improve their reading skills. For more information, call 271-1010 or e-mail chavezm@girlsandboys-town.org.

Children’s Shelter seeks families

The Children’s Shelter seeks new foster and adoptive parents to care for children in Texas. Children’s ages range from newborn to 17 years old. The Children’s Shelter is a nationally accredited agency that provides a safe haven and emergency care for children who have been abused, abandoned or neglected. For more information, call Alejandra Chavez at 212-2500, ext. 6701 or e-mail achavez@chshel.org.

ASPCA seeks animal lovers

The American Society for the Prevention of Cruelty to Animals invites the public to nominate extraordinary pets and people for its annual Humane Awards. Animals and humans who have furthered animal welfare or engaged in animal heroism in the United States during the past year may be considered for this distinguished and unique honor. There are numerous Humane Awards categories. Nominations can be submitted either via the ASPCA Web site at www.aspcas.org/nominate or in writing to: ASPCA Humane Awards Nomination Committee, Special Events Department, 110 Fifth Ave. New York, NY 10011.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort

Freebie, e-mail **news.leader@samhouston.army.mil** or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



For Sale: Board games, two story garage, Barbie beetle and jeep, 20-inch blocks, tub full of various toys; \$50 for all; double-sided easel, \$10; five Bratz in carrying case plus accessories, \$25; purple dish chair, \$20. Call 697-9261.

For Sale: China cabinet, \$195; 1995 Mitsubishi Diamante, \$990; TV stand, \$10; computer desk, \$25; Sears Craftsman blower, \$20. Call Sandy at 241-1291.

For Sale: Cherry wood dinette set with six chairs, two-piece cherry wood china cabinet, \$1,300; cherry wood coffee and two end tables, \$200 or all pieces for \$1,500. Call Lupe at 527-8553.

For Sale: Amana frost free refrigerator, 22 cubic feet, icemaker, white, new condition, \$200 obo. Call 590-1614 or 885-1807.

For Sale: Electric cherry wood fire-

place, \$400; wooden bar, \$125; brown glider rocking chair, \$40. Call 650-0337.

For Sale: Cuisinart food processor with attachments, in good condition, \$30; four thick canvas patio chair cushions, dark green and beige stripes, good condition, \$10 each or \$35 for all. Call 494-0362.

For Sale: King size mattress and box springs, \$200. Call 659-5537.

For Sale: Magnavox console stereo with AM/FM radio and turntable, late 1960s, manual included, turntable needs work, in good condition, \$75. Call 455-3146.

For Sale: Oak veneer roll top desk, eight drawers, 4 and a half feet, \$400. Call 648-5907.

For Sale: GE 24.9 cubic-foot, side-by-side refrigerator, white, new, \$800 obo. Call Jack or Cathy at 658-1643, leave a message.

For Sale: 1994 Volvo station wagon, runs great, \$5,000. Call 655-9682.

For Sale: Male boxer, about 1 year old, brindle and female boxer, about seven months old, all white with a black spot on nose, both are housebroken, very loving and caring, must sell, \$250 each. Call 277-7823 or 669-0460.

For Sale: 1993 Plymouth Voyager SE, in fair condition, runs, \$1,000; China set, Sydney roses with gold trim, 36 pieces complete, \$40; porcelain dolls, \$10 to \$15 each; baby items (toys and clothes), \$1 to \$5 each. Call 478-0322.

For Sale: 1999 Kawasaki jet ski 900STX, three-passenger, new cover, includes trailer, \$3,500. Call 830-964-3599.

For Sale: Sauder entertainment center from the Woodberry collection, dark wood 5

feet by 5 feet, fits 36-inch TV, glass enclosed area for stereo equipment, three door areas for CDs, tapes, records, in excellent condition, \$140; or buy it with Sony 25-inch Trinitron TV, \$295; dinette set, table and six chairs, retro-style, black and white padded chrome chairs with large chrome and formica table, \$160 obo; 7-foot couch, light colored southwest print, in fair condition, great for dorm or recreational room, \$40 obo. Call 475-9973.

For Sale: RCA 21-inch color TV, \$50 obo; Bush Lancaster Collection entertainment center, 31 inches wide by 23 inches tall, space for a TV, shelves, VCR, DVD player and movies, best offer. Call 595-8079.

For Sale: Pro-form cardio cross trainer 820, elliptical exerciser, excellent condition, \$300. Call 404-0537.